

AMENDMENTS TO THE CLAIMS

The following is a marked-up version of the claims with the language that is underlined (“ ”) being added and the language that contains strikethrough (“~~—~~”) being deleted:

1. (Currently Amended) A self message device for mounting to a surface, said self message device comprising:

a base having a top surface, ~~and a bottom surface~~ and an outer periphery, said outer periphery having a substantially rounded exterior surface, said base being substantially crescent shaped, rigid and adapted to withstand pressure applied thereto;

a pair of message members, wherein each message member has a substantially circular cross-section, wherein each message member is a substantially ellipsoid arc-shaped handle that is ~~fixed~~ affixed to said top surface of said base and ~~extending~~ extends therefrom, said pair of message members being substantially rigid and adapted to withstand pressure applied thereagainst, wherein said pair of message members are configured in a substantial V-shape, the message members being aligned with the base such that the apex of the V-shape is located at approximately the center of the crescent-shaped base, with each end of the V-shape being located at a respective end of the crescent-shaped base, wherein a gap is disposed between the proximal ends of the message members, wherein the substantially ellipsoid arc-shaped handle enables a user to carry the device, and wherein the substantially ellipsoid arc shape of each message member together with the circular cross-section of each message member, enables said pair of message members when engaged to deep skeletal muscle fasciculi endomysium, to capture deep

myofibril length of tissue of the muscle fasciculi endomysium and isolate parallel portions of tissue of the muscle fasciculi endomysium; and

~~a mounting member fixed~~ suction cups affixed to said bottom surface of said base and extending therefrom, each of said suction cups being located beneath a respective end of the ends of the massage members such that said suction cups are configured in a substantial V-shape, said ~~mounting member~~ suction cups being adapted to enable said base to be removably attached to a surface and support said base and said massage members while pressure is applied thereto.

2. (Canceled)

3-10. (Canceled)

11. (Canceled)

12-14. (Canceled)

15.-19. (Canceled)

20. (Currently Amended) The self massage device of claim ~~2-1~~, wherein each of the pair of massage members is pivotally fixed to said base.

21. (Previously Presented) The self massage device of claim 20, wherein each of the pair of massage members is adjustable to configure the angle between the two members of the V-shape.

22.-23. (Canceled)

24. (Currently Amended) The self massage device of claim ~~19~~1, wherein said ~~plurality of~~ suction cups ~~is~~are used to mount the self massage device in a first position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a splenius capitis muscle, a serratus posterior inferior muscle, a lower trapezius muscle, a latissimus dorsi muscle, a rotator cuff infraspinatus muscle, and a rotator cuff teres minor muscle.

25. (Currently Amended) The self massage device of claim ~~19~~1, wherein said ~~plurality of~~ suction cups ~~is~~are used to mount the self massage device in a second position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a quadratus lumborum muscle, a multifidus muscle, a iliocostalis cervicis muscle, a serratus posterior superior muscle, a upper trapezius muscle, a levator scapula muscle, a rhomboid major muscle, a rhomboid minor muscle, a posterior deltoid muscle, a gluteus maximus muscle, a gluteus medius muscle, and a gluteus minimus muscle.

26. (Currently Amended) The self massage device of claim ~~19~~1, wherein said plurality of suction cups is used to mount the self massage device in a third position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a middle trapezius muscle and a periformis muscle.

27. (Currently Amended) The self massage device of claim ~~19~~1, wherein said ~~plurality of~~ suction cups ~~is~~are used to mount the self massage device in a fourth position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a splenius cervicis muscle, a semispinalis capitis muscle, a semispinalis cervicis muscle, a semispinalis thoracis muscle, a longissimus capitis muscle, a longissimus cervicis muscle, a longissimus thoracis muscle, a iliocostalis thoracis muscle, a iliocostalis lumborum muscle, a lateral deltoid muscle, a rotator cuff supraspinatus muscle, and a tensor fasciae latae muscle.

28. (Previously Presented) The self massage device of claim 21, wherein said mounting member is used to mount the self massage device in a first position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a splenius capitis muscle, a serratus posterior inferior muscle, a lower trapezius muscle, a latissimus dorsi muscle, a rotator cuff infraspinatus muscle, and a rotator cuff teres minor muscle.

29. (Previously Presented) The self massage device of claim 21, wherein said mounting member is used to mount the self massage device in a second position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a quadratus lumborum muscle, a multifidus muscle, a iliocostalis cervicis muscle, a serratus posterior superior muscle, a upper trapezius muscle, a levator scapula muscle, a rhomboid major muscle, a rhomboid minor muscle, a posterior deltoid muscle, a gluteus maximus muscle, a gluteus medius muscle, and a gluteus minimus muscle.

30. (Previously Presented) The self massage device of claim 21, wherein said mounting member is used to mount the self massage device in a third position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a middle trapezius muscle and a periformis muscle.

31. (Previously Presented) The self massage device of claim 21, wherein said mounting member is used to mount the self massage device in a fourth position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a splenius cervicis muscle, a semispinalis capitis muscle, a semispinalis cervicis muscle, a semispinalis thoracis muscle, a longissimus capitis muscle, a longissimus cervicis muscle, a longissimus thoracis muscle, a iliocostalis thoracis muscle, a iliocostalis lumborum muscle, a lateral deltoid muscle, a rotator cuff supraspinatus muscle, and a tensor fasciae latae muscle.